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# Taking a Holiday with Diabetes

## Free Health Screening

Having diabetes doesn't mean you can't enjoy healthy holidays and once-in-a-lifetime adventures. Join our top-notch team of diabetes educators, dietitians and physicians in celebrating National Diabetes Month with a **FREE diabetes forum**.

**Saturday, November 6, 2010**

**7am – 9am Vendor Fair**

**9am -1pm Forum**

**Stadium High School Theatre**

111 N.E. St. Tacoma, WA 98403

**PLEASE RSVP BY OCTOBER 30TH**

**800.342.9919 OR MULTICARE.ORG**

*Light refreshments will be served*

7:00 – 9:00am

### **Health Screenings\* and Vendor Fair**

9:00 – 9:05am

### **Introduction**

9:05 – 9:45am

### **Medications on Holiday**, featuring **David McCowen, MD**,

Medical Chief, Franciscan Medical Center Diabetes Services.

Ways to keep your medication on track as you plan and enjoy your vacation.

9:45 – 9:50am

### **Stretch Break**

9:50 – 10:20am

**Your Heart-Healthy Holidays**, featuring **Ron Graf, MD**, Endocrinologist, Medical Chief, Multicare Health System Diabetes Services. How to keep living heart healthy when holidays change your routines.

10:20 – 10:50am

### **Break**

10:50 – 11:50am

### **Breakout Sessions**

#### **Choose one:**

- Holiday Eating with **Therese Alden, RD**  
Franciscan Health System
- Diabetes and Insurance with **Steve Appleby**

11:50 – 11:55am

### **Stretch Break**

11:55am – 12:55pm

**The Emotional Side of Traveling with Diabetes**, featuring **Will Cross**, the first person with diabetes to reach the highest peak on all seven continents and trek to the North and South pole.



Will Cross

*\*Screenings include complete blood panel (cholesterol/HDL-LDL/triglycerides) and space is limited.*

*Reserve in advance at: <https://www.pickatime.com/client?ven=11601335>*



CATHOLIC HEALTH  
INITIATIVES

**Franciscan Health System**



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